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THE GOLDEN SQUARE DOJO AND ITS PLACE IN BRITISH JUJUTSU HISTORY DAVID BROUGH

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ABSTRACT

In 1903, Sadakazu Uyenishi established a jujutsu dojo on Golden Square, Piccadilly Circus. For four years, following its establishment, Uyenishi was busy performing jujutsu demonstrations, taking on challengers, and teaching jujutsu. This article focusses on Uyenishi's teaching of the Army, and of women's classes. These particular aspects of Uyenishi's teaching would influence physical culture in the U.K. and the British military, and would lay the foundation for a future politicisation of jujutsu as a mechanism of women's self-defence and physical equality. Uyenishi left the U.K. in 1907 but his dojo lived on through his students William and Edith Garrud. Edith in particular became a very prominent practitioner of jujutsu and taught highly publicised classes for suffragettes. The dojo on Golden Square had been demolished by 1930, and the once burgeoning jujutsu movement had been almost completely replaced by judo. The legacy of Uyenishi and the Golden Square Dojo is significant as it influenced the ongoing jujutsu and judo movements, and has an important place in British military and political history.

INTRODUCTION

While the Bartitsu School of Arms and Physical Culture (est. 1900 at 67b Shaftesbury Avenue, London) of Edward William Barton-Wright was the first martial arts club to introduce jujutsu to the U.K., it focused on the delivery of an eclectic group of martial arts, including French savate, la canne, and fencing. To teach jujutsu classes, Barton-Wright enlisted the help of two young Japanese men called Yukio Tani and Sadakazu Uyenishi [Keegan 2019]. By 1903, the Bartitsu Club had ceased to operate and after a brief period teaching at Pierre Vigny's 'New School of Self-Defence and Fencing Academy', Sadakazu Uyenishi opened the first jujutsu dojo in the U.K., the School of Japanese Self Defence. Uyenishi opened his dojo at 31, Golden Square, Piccadilly Circus, London. Golden Square was so called as it was where horses were previously gelded, but the residents objected to the name 'Gelding' and so it became known as 'Golden' [Bowen 2011a]. The School of Japanese Self Defence is referred to, hereafter, as the Golden Square Dojo. Despite its relatively brief existence, the Golden Square Dojo had a profound influence on British martial arts, and influenced British culture in a number of ways.

SADAKAZU UYENISHI

Sadakazu Uyenishi was born in Osaka, Japan, in 1880. Uyenishi trained at the dojo of Yataro Handa in Osaka. In 1898 renowned jujutsu teacher, Mataemon Tanabe, taught at Handa's dojo [Keegan 2019]. Thus, we can be confident that the instructors of Uyenishi were Handa and Tanabe. Whilst at the Golden Square Dojo, and with the help of his student E.H. Nelson, in 1905 Uyenishi wrote the influential *Text Book of Ju Jutsu as Practised in Japan*, which is one of the first authentic English textbooks on jujutsu [Bowen 2011a]. The eighth edition of this book contains a word portrait of Uyenishi by former student Percy Longhurst, which gives a good insight into Uyenishi [Uyenishi 1952: 102]: 'Uyenishi's talent as an instructor was equal to his skill as an exponent' wrote Longhurst. Longhurst further states:

A sportsman according to the best Western standards, a gentleman, an artist in his own way, this bespectacled young Japanese, whose refined appearance carried no suggestion of his astonishing physical qualities and powers, a muscular development of all-over excellence that was a delight to the eye, made friends wherever he went.

[102]

Longhurst also made note of Uyenishi's physical attributes, stating his height as 5 feet, 5 inches, weight 9 stones, 2 pounds, and made special mention of the strength of Uyenishi's neck. Indeed, from the early demonstrations of jujutsu as part of the Bartitsu club the

Japanese instructors gave demonstrations of their neck strength as well as demonstrations of their wrestling skills. A 1901 newspaper article reported that 'Uyenishi champion light weight wrestler of Osaka' wrestled against a professional wrestler from the Cornish and Devonshire style, with Uyenishi winning the contest convincingly. A demonstration of neck strength followed as: 'four members of the audience were then invited to attempt to strangle one of the two Japanese by means of a rod placed across his throat. Needless to say their efforts were unavailing' [Illustrated London News, 30th Nov. 1901: 821]. The word portrait by Longhurst also states that Uyenishi gave up competing to concentrate on teaching [Uyenishi 1952: 102]. However, although not as prolific as his compatriot Yukio Tani, we can find extensive evidence that Uyenishi participated in wrestling contests. Following his departure from Barton-Wright's management in 1903, Uyenishi and Tani came under the management of Scottish strongman and promotor William Bankier [Keegan 2019]. Uyenishi, would now be advertised as 'Raku', and, 'Jujutsu champion of the world' (Figure 1). While the title of 'World Champion' was far-fetched and was simply used for showmanship and promotion (as was common [Keegan 2019]), what is clear is that Uyenishi was an impressive competitor.

An article published in 1907 described Uyenishi as the 'greatest living exponent of the Japanese art of self-defence, jujutsu' while he was giving nightly demonstrations at the Town Hall in Dover, and that in the 6 years since coming to the U.K. he has remained undefeated. The article goes on the note that Uyenishi 'challenges any European to defeat him with in the space of 15 minutes, and if successful, he will forfeit the sum of £1000. If he fails to win he will forfeit £50'. The article describes a bout between Uyenishi and renowned wrestler Syd Payn, noting that Payn was defeated in exactly 10 minutes 55 seconds by 'a very clever arm lock'. Afterwards Payn said that although he had wrestled with many Japanese in many parts of the world, Uyenishi was the best he had faced [Dover Express, 13th Sept. 1907: 8].

UYENISHI AND THE ARMY

Uyenishi spent considerable time demonstrating and teaching jujutsu to the Army. In his book, Uyenishi also listed his professional affiliations which included being the instructor to 'The Army Gymnastic Staff Head Quarters Gymnasium in Aldershot' [Uyenishi 1952: Title page]. In March 1905, 4 pictures were published under the title 'Oriental Wrestling for the British Soldier at Aldershot: The Japanese Method of Self-Defence, Jiu-Jitsu, Taught by Professor Uyenishi', showing Uyenishi demonstrating jujutsu to British soldiers. Using one of the soldiers, Uyenishi can be seen to demonstrate the moves *ude-gatame* (straight-arm lock), *kata-guruma* (shoulder wheel throw), *tomoe-nage* (stomach throw), and *ude-garami* (bent arm lock) [Illustrated London News, 25th March 1905: 409].

Uyenishi formed a special officer's class at Aldershot, and taught Army gymnastic instructors, with jujutsu contests held from time to time. Uyenishi also put on classes for the officers' wives and daughters [Kenealy 1905]. But Uyenishi did not only demonstrate to the soldiers in Aldershot: it was reported that Uyenishi met 'an exceptionally smart wrestler of the Household Calvary' at Windsor Barracks in front of 1500 people. After his demonstration of jujutsu, Uyenishi invited challenges from members of the audience. Corporal Fraser of the Royal Horse Guards, a champion wrestler of his regiment obliged and fought Uyenishi in a titanic struggle which eventually ended with Uyenishi throwing Fraser over his head 'amid scenes of great enthusiasm'. On this occasion Major-General Baden Powell was in the audience [Penny Illustrated Paper, 15 Apr. 1905: 225]. It seems Baden-Powell was suitably impressed at this demonstration and another paper commented on his reaction, where he had asked 'how it was done?' 'The professor took the general's arm above the elbow, and it dropped as if paralysed. The defender of Mafeking required no further demonstration' Daily Mail, 7th Apr. 1905a: 3]. Baden-Powell would go on to found the scouting movement and in the first set of scout merit badges there was a 'Master at Arms' badge, attainment of which required participation in combat activities including jujutsu [Keegan 2019].

Uyenishi also gave a display at the Royal Military College, Sandhurst. To attend this display to cadets the Army had also sent a Sergeant S.G. Dascome, reputed to be the strongest man in the Army and the Navy, to challenge Uyenishi to see what his jujutsu could do against brute strength. Uyenishi suggested that rather than fight himself, a pupil of his, who had the advantage of 5 months' training should take up the challenge. Uyenishi's student won by a throw over the head, followed by an arm lock [Daily Mail, 11th Apr. 1905b: 3].

UYENISHI AND LADIES' CLASSES

An article by Evelyn Sharp for the Daily Mirror in December 1903 discussed the importance of women's self-defence and that Uyenishi of 31, Golden Square, wanted to start a class for women. The article describes a demonstration where Uyenishi was throwing another Japanese instructor [Sharp 1903: 9]. The 'other' instructor could have been Yukio Tani, but could also have been Eida, who was performing demonstrations with Uyenishi at the time [New York Herald, 29th Sept. 1903: 5].

An early notable female student was Phoebe Roberts. Roberts joined the Golden Square dojo age 16 years old, and she was promoted to instructor within a year [Callan, Heffernan and Spenn 2018]. Another

Figure 1:
Postcard of 'Raku'
Uyenishi c1905 as
part of a 'Health and
Strength' series.



Figure 2:
Marie Studholme
performing a stomach
throw (tomoe-nage) on
Juso Hirano (c1906).



famous, albeit short-lived, jujutsu school was opened in London by Yukio Tani and Taro Miyake in 1904. This was called the Japanese School of Ju-jitsu, and it was based at 305, Oxford Street. Tani and Miyake together published the book *The Game of Ju-jitsu* in 1906, within which can be seen Phoebe Roberts as the 'ladies instructor', suggesting she must have moved dojo [Miyake and Tani 1906]. The dojos seem to have worked together however. A demonstration on December 20th 1905 took place at Caxton Hall, Westminster, by the Japanese School of Ju-jitsu. At this demonstration, Tani and Miyake practised throws and locks. Also present were Uyenishi and another instructor called Kanaya. Phoebe Roberts gave a demonstration with another notable female student called Emily Diana Watts, and Watts performed a demonstration with Eida [Womanhood 1905: vii-xii]. Emily Diana Watts had also joined the Golden Square dojo in 1903 and in 1906 wrote *The Fine Art of Jujitsu*, which was the first English language book to describe *nage no kata*, a judo kata devised by Jigoro Kano [Bowen 2011a]. Another famous female student of jujutsu at this time was the music hall actor Marie Studholme, who was a student of Yukio Tani. In 1906, Studholme starred in a series of postcards with Japanese instructor, and assistant to Tani and Miyake, Juso Hirano (Figure 2). In 1907, Phoebe Roberts and Juso Hirano married [Callan, Heffernan and Spenn 2018].

In 1905, Annesley Kenealy wrote a 7-page article for *The Lady's Realm* called 'Jujitsu for Ladies'. Kenealy describes a 'Ladies day' at Uyenishi's School of Japanese Self-defence (Golden Square Dojo). 'Each lady chooses her own jujitsu costume, but all wear knickerbockers, a short tunic, and black stockings' states Kenealy [291]. The small stature of Uyenishi is used by Kenealy to illustrate that within jujutsu, size and strength do not matter: 'Uyenishi stands 5 foot 3 inches in his stockinged feet, and weighs but 9 stones 7lbs' [292]. A quote attributed to Uyenishi describes the philosophy behind jujutsu:

After a violent storm, it is generally the heavier and sturdy trees which have suffered most, whereas smaller plants, possessing plenty of elasticity, easily withstand the rough usage, because they offer the minimum of resistance to the opposing force. For this reason jujitsu enables light and weak men and women to withstand heavy and strong adversaries. [Kenealy 1905: 293]

Another quote attributed to Uyenishi illustrates his fondness for teaching women:

The English ladies make the best pupils – they are so enthusiastic and keen to learn. Jujitsu does not develop big, coarse muscles. It causes an all-round use of all the muscles of the body, and success depends on cleverness in balance and quickness of action. Women's movements and minds are always quick, and these qualities make them very apt pupils.

Jujitsu does not over-tax the strength of the most delicate lady, and it is the only system in the world which makes a weak woman more than a match for a strong muscular man. For these reasons I am teaching the art to English ladies. [Kenealy 1905: 295]

It is clear that Uyenishi tapped into a shifting social and political landscape to empower his female students with effective methods of self-defence. However, in the coming years women's jujutsu would become more political, and be led by the most famous female student of all, Edith Garrud (see below).

In 1907 Uyenishi gave up teaching to go on tour to Spain and Portugal, giving demonstrations and challenges. On this tour, Phoebe Roberts, Juso Hirano, Taro Miyake, and Mitsuyo Maeda, and others, joined Uyenishi. A newspaper article from 1908 reported on one of Uyenishi's contests in Spain. Here, referred to as 'Mr Raku' Uyenishi took on the 'Basque peasants' Senores Urrestilla and Elzekondo in Tolosa. Even though the Basque wrestlers lacked experience, they gave Uyenishi a torrid time and the only way Uyenishi could force a victory against Urrestilla was to make him bleed from the neck. The article then states San Sebastian is the next stop on the tour [New York Herald, 17th Sept. 1908: 7]. Following Uyenishi's tour of Europe, he returned to Osaka where sometime later he died of tuberculosis [Bowen 2011a]. However, before leaving the U.K. Uyenishi passed control of the Golden Square Dojo to his students, William and Edith Garrud.

THE GOLDEN SQUARE DOJO WITHOUT UYENISHI

Husband and wife, William and Edith Garrud, had been students of Uyenishi, initially at the Bartitsu club, and then at the Golden Square Dojo [Wolf and Wolf 2013]. While training at the Golden Square Dojo the Garruds trained with the best instructors of the time including Uyenishi, Tani, Taro Miyake, Mitsuyo Maeda, and Akitaro Ohno [Garrud 1910: 355]. Another Japanese instructor, Gunji Koizumi, would also teach at the Golden Square Dojo in 1906 [Koizumi 1960]. Thus, the Garruds were well placed to lead jujutsu instruction at the Golden Square Dojo. William would teach the men and Edith the women and children's classes.

The early part of the twentieth century witnessed a growing struggle by women fighting for the right to vote. Activists, notably members of the Women's Social and Political Union (WSPU), a movement founded in 1903 by Emmeline Pankhurst, engaged in an increasingly bitter struggle in which there were clashes with the police. Edith Garrud gave a demonstration to a WSPU group in 1908 that included Pankhurst [Wolf and Wolf 2013], and was soon advertising classes specifically for suffragettes with special rates for WSPU members. For these classes

Garrud would use her own dojo on 9, Argyll Place, Regent Street [Callan, Heffernan and Spenn 2018; Wolf and Wolf 2013].

Edith Garrud wrote an article in 1910 in which she describes jujutsu and her former instructors. Garrud describes Uyenishi being of a good family and that he learned jujutsu from childhood as a sport. She writes that Tani is the son of a policeman and lived all his life in a dojo and mastered the science as a business. Thus, Garrud had the opportunity to learn jujutsu from experts with different perspectives. Garrud's increasing prominence and the politicisation of her jujutsu are demonstrated by this direct quote from her article:

Physical force seems the only thing in which women have not demonstrated their equality to men, and whilst we are waiting for the evolution which is slowly taking place and bringing about that equality, we might just as well take time by the forelock and use science, otherwise ju-jitsu. In this art all are equal, little or big, heavy or light, strong or weak; it is science and agility that win the victory. Is not this a forecast of the future? Science, quickness, vitality, and brains are surely equal to brute strength in politics as well as in fights.
[Garrud 1910: 355]

On July 6th *The Sketch* published a full page spread of Garrud demonstrating jujutsu techniques in her dojo, on a man dressed as a policeman. The caption reads: 'If you want to earn some time, throw a policeman! The jujutsu suffragette shows how a policeman may be tackled'. Garrud can be seen to demonstrate a number of techniques including *kote-gaeshi* (supinating wristlock), and *kani-basami* (scissor sweep) (Figure 3).

The footnote to the images in *The Sketch* describe Garrud as being only 4 feet 10 inches, and that she met with 2 policemen on the mat. She threw the first policeman within 10 seconds but lost a bout with

the second. Perhaps as a disclaimer, the footnote stresses that the suffragettes who learn jujutsu do not do so to fight with the police but to protect themselves against 'unpleasant young men' [*The Sketch* 1910: 425]. In Garrud's demonstrations she would often use husband William. One such demonstration was reported in the *Daily Mirror* where it was described: 'it was a sight to make policemen weep as they thought about prospective encounters with suffragette experts. But no police were present'. The same event also included a jujutsu demonstration from Schoolgirls from Crouch End High School [*Daily Mirror*, 6 Mar. 1911: 5]. During her demonstrations of jujutsu Edith Garrud would wear a special red jujutsu jacket, rather than the traditional white, to make her stand out on stage [Wolf and Wolf 2013]. From between 1911-1913 Garrud would hide WSPU members wanted by the police for arson and other criminal acts committed out of anger at the lack of political change [Callan, Heffernan and Spenn 2018; Wolf and Wolf 2013]. In 1913 the WSPU formed the 'Bodyguard', a group of 30 or so women who were trained in jujutsu by Edith Garrud to protect Pankhurst and other prominent suffragettes [Callan, Heffernan and Spenn 2018].

In 1914 William Garrud published *The Complete Jujutsuan*. The book became an accepted reference text on jujutsu and remained in print for decades. Within the book William Garrud pens a dedication 'To my trainer Professor S.K. Uyenishi "Raku"' [Garrud 1914]. At the outbreak of World War I (WWI) the suffragette movement was suspended to help the country focus on the war effort. At this time William Garrud was too old to enlist as a regular soldier (he was 42 years old), and so joined the Volunteer Civil Force, for whom he provided free nightly jujutsu classes [Wolf and Wolf 2013]. Unfortunately, for the Garruds, their son Owen was killed in battle age 24 [Wolf and Wolf 2013].

Figure 3:
Edith Garrud demonstrating
kani-basami in her dojo in
1910 [*The Sketch* 1910: 425].



THE GOLDEN SQUARE DOJO POST WWI

After WWI, the Garruds returned to teaching at the Golden Square Dojo. An advert published in the *Boys Own Paper* in December 1922 was advertising tuition at the Golden Square Dojo [Figure 4, *Boys Own Paper* 1922: 2]. The advert names Prof. W.H. Garrud and states that the dojo has been established for 20 years. The advert also shows that Garrud was offering correspondence courses and that personal tuition could be arranged [Boys Own Paper 1922: 2].

In 1918, Gunji Koizumi, formerly of the Golden Square Dojo, formed the Budokwai at 15 Lower Grosvenor Place, Victoria, London to teach Japanese martial arts. Yukio Tani joined Koizumi as the Budokwai's chief instructor. In Japan in 1882, Jigoro Kano had established judo, at a time when jujutsu was considered a cruel and barbaric activity. In the words of Koizumi, 'Judo was constructed with the technical body of jujutsu, and the training is conducted in a form of competitive sport, the objective is to inculcate the principle of maximum efficiency for the advancement of the way of life' [Koizumi 1960: 20]. Thus, judo was jujutsu with a mental and moral philosophy, and it became the most popular practise of jujutsu [Koizumi 1960].

In 1920, after a visit by Jigoro Kano to the Budokwai, Koizumi and Tani converted to judo. In these years post WWI, the momentum was going with judo as the dominant way to practise jujutsu. Prominent judoka Len Hunt started jujutsu at the Golden Square Dojo with Garrud around 1927. As reported by Richard Bowen, Hunt had described Garrud as a nice man but not very competent at judo (Garrud would have been in his fifties at this time). Also written by Bowen, one day a small man went to Hunt and said 'You're wasting your time here. Go to the Budokwai,' which he duly did [Bowen 2011b: 20]. Perhaps faced with the competition of the Budokwai, or for other reasons, it was about this time that the Garruds retired from teaching [Wolf and Wolf 2013]. By 1930, the Golden Square Dojo had been demolished [Wolf and Wolf 2013]. The end of the Golden Square Dojo was not the end of jujutsu in the U.K., however. Towards the end of 1925 a British Jujitsu Society was formed, in which members were called Jujitsuans, perhaps in a nod to Garrud's book.

Figure 4:
An advert for the Golden Square Dojo that appeared
in the *Boys Own Paper* in December 1922.

DON'T BE BULLIED

Men and boys (also women) should learn the marvellous Japanese art of Self-Defence in the privacy of their own homes from my Complete Illustrated Home Course of Jujitsu. Absolutely the most Wonderful Science and Safeguard against BULLIES and others ever invented. Far superior to boxing as a means of protection. My Complete Course will teach you how to defend yourself in ALL circumstances without the aid of weapons. It is a sure cure for Nervousness and lack of confidence. Jujitsu is the tried and acknowledged science of leverage and balance, easily acquired, which enables a small boy or man to overcome a powerful assailant. At school the delicately-nurtured boys are brutally maltreated in many instances by their older compeers. Later in life at the factory or office the quiet, gentlemanly youth often suffers in silence the persecutions of coarse and vicious companions. This can easily be avoided by learning Jujitsu. Send me four penny stamps (P.O. 6d. abroad) for TWO SPLENDID ILLUSTRATED SAMPLE LESSONS or 3s. 6d. for a Large Portion of my Course. Personal Tuition arranged by appointment if desired. SEND NOW.

Prof. W. H. GARRUD. Dept. B.O.P. School of Jujitsu, 31, Golden Square, London, W.1. Est. 20 years.

LEARN THE WONDERFUL ART OF JUJITSU

LEGACY OF UYENISHI AND THE GOLDEN SQUARE DOJO

It is fair to state that Uyenishi and the Golden Square Dojo had a significant effect on U.K. martial arts and society in the early twentieth century. Uyenishi's frequent demonstrations to the military and his instruction of Army instructors influenced the physical culture and fighting techniques of British soldiers. Garrud continued this practice during WWI when he taught the Volunteer Civil Force. Several years later during WWII British Commandos would learn jujutsu techniques from the work of William E. Fairbairn [Keegan 2019; Fairbairn 1942], and James Hipkiss, a former student of Yukio Tani, wrote a book on self-defence for the Home-guard and the general public in the event of a German invasion [Hipkiss 1941]. Thus, the Golden Square Dojo had a big influence on how British Soldiers in the twentieth century trained in unarmed combat.

The Golden Square Dojo also clearly influenced women's activism in the years before WWI. Jujutsu provided a mechanism for physical equality and empowered women by providing a means of self-defence. Uyenishi provided the encouragement and opportunity for women to learn jujutsu, and the virtues of jujutsu as a mechanism to neutralise physical disadvantage. Edith Garrud and the suffragettes later harnessed the political message to further their cause.

The Golden Square Dojo also significantly shaped the landscape of British martial arts. Uyenishi had published one of the first books on jujutsu/judo and Koizumi and Tani who had instructed at the Golden Square Dojo led the massive expansion of judo in the U.K. and Europe through the Budokwai. As mentioned above, the British Jujitsu Society continued the practise of jujutsu after the closure of the Golden Square Dojo, and this continued after WWII by organisations such as the British Jujitsu Federation, the British Jujitsu Association, and others [Keegan 2019]. Although his time in the U.K. was relatively brief, through the Golden Square Dojo, the achievements and legacy of Sadakazu Uyenishi are considerable.

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